

INTERACTIF: La relation entre le stress et le corps

[http://www.plusquedesmedicaments.ca/fr/article/index/stress\\_body\\_connection](http://www.plusquedesmedicaments.ca/fr/article/index/stress_body_connection)

I. Key Word Recognition:

*Find in the article the French word that best expresses the meaning of the following English words.*

*SUJET*

- a. mood \_\_\_\_\_
- b. negative \_\_\_\_\_
- c. feel \_\_\_\_\_
- d. joints \_\_\_\_\_
- e. suffers \_\_\_\_\_
- f. range \_\_\_\_\_
- g. prey /target \_\_\_\_\_

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*FAITES LE LIEN*

- h. organs \_\_\_\_\_
- i. domino effect \_\_\_\_\_
- j. to weaken \_\_\_\_\_
- k. to manage \_\_\_\_\_
- l. information \_\_\_\_\_
- m. to learn \_\_\_\_\_

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*LES ARTICULATIONS*

- n. unpleasant \_\_\_\_\_
- o. to control \_\_\_\_\_
- p. pain \_\_\_\_\_
- q. stiffness \_\_\_\_\_
- r. to relieve \_\_\_\_\_

## II. Main Idea:

*Using information from the article, describe in English the main purpose of this article.*

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## III. Supporting details:

- *Circle the letter of each of the following details in the article that **are included** in the text.*
- *Write the French sentence in the article in the space provided below.*

A. Stress not only affects your mood but also every organ of your body.

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B. The effects of stress can take a few days to show up.

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C. The author describes the primary systems and organs that are affected by stress.

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D. Only a few of the body's systems are interconnected.

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E. Stress can make people more likely to get sick.

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F. The primary symptom of stress in the joints is swelling.

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G. Stress can aggravate infections in the joints.

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IV. Inferences: *“Read between the lines” to answer the following questions, using information from the text. Your responses should be in English.*

1. Your friend often complains about stomachaches right before coming to school. What would you recommend your friend do to stop them?

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2. Select one of the above details and make a personal connection to it.

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